Mid Term Essay

I am majoring in Health Care at school. It is very interesting finding out about different health issues and their causes. I love helping people, so healthcare is good for me. There are many different issues and diseases when working in this field of work. One that is very common would be smoking. Smoking is a very bad habit, which kills. Smokers take many risks when it comes to their health.

One risk of smoking is all the different types of cancer and diseases you can get. For example, cancer of the lungs, larynx, oral cavity, pharynx, esophagus, stomach, pancreas, cervix, kidney, bladder and acute myeloid leukemia. That is a lot of different types, which can all be caused from cigarettes. I read this in an American Cancer Society article online. It also states, “Smoking is responsible for almost 9 out of 10 lung cancer deaths. Lung cancer is the leading cause of cancer death in both men and women, and is one of the hardest cancers to treat.” Cancer is a huge reason why people should quit smoking, along with all the other diseases you can get from it. For example, cancer can also cause “heart disease, aneurisms, bronchitis, emphysema, and a stroke.” Smoking can also ruin pregnant women’s chances of having a healthy baby. There is a higher risk of having a miscarriage also. So knowing that cancer can cause all of these issues, it should make people want to try and stop this nasty habit.

Cigarettes have many unhealthy ingredients in them. In the American Cancer Society article it says, “Some of the compounds found in tobacco smoke include ammonia, tar and carbon monoxide.” Imagine all of those substances in your body. One night when I was younger we had carbon monoxide in our house. We had to evacuate the house and couldn’t go back until it was all out, because the effects could result in death. People that smoke cigarettes are basically welcoming it into their lungs and allowing these toxins into their bodies. All the chemicals put into cigarettes is another reason not to smoke cigarettes. It is so unhealthy for you, and can cause death even without cancer or the other diseases I mentioned earlier.

Smoking also lowers your life expectancy. I read, “Based on data collected from 1995 to 1999, the CDC estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost an average of 14.5 years of life because of smoking.” That is a lot of years people could be living healthy lives with their family and friends. Now you tell me if it’s worth it. Is it worth making the people who really love you, watch you become sick from cigarettes? Is it worth causing pain to them, and having them watch you slowly wither away? The time you lose could be well spent, living a happy longer life.

Smoking is a very poor decision for a person’s health. It has many effects on not only the person smoking them, but also the people around them. Second hand smoke is also very bad. They say it could be just as bad as smoking the cigarette yourself. So just being around people that are smoking, can lower your health as well as theirs. So there are many reasons not to smoke. It causes many different diseases and cancers, it lowers your life expectancy, it puts many different toxins and chemicals in your body and many other reasons. I believe that the smoking cigarettes calms people down is just all in their head. I don’t believe it really can have that effect on a person. I just think they are bad all together, and that there is no good reason for people to smoke them.

Cite

Website

<http://www.cancer.org/docroot/PED/content/PED_10_2x_Cigarette_Smoking.asp?sitearea>

<http://www.drugs.com/cg/cigarette-smoking-and-its-health-risks.html>

<http://www.netdoctor.co.uk/health_advice/facts/smokehealth.htm>

<http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking>

<http://livingwith.oncologychannel.com/lung-cancer/20080527>

<http://whyquit.com/whyquit/A_kim.html>

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The body paragraphs support the reasons for your thesis but they only serve to explain the thesis, not persuade the reader.